

# Therapeutic Positioning Prop

Item #40182

**Brief Description:**

This specially designed positioning prop, inspired and modeled after BKS Iyengar Simhasana yoga prop, is modified for people with special needs. It offers support when users are supine, prone, sitting, and even standing. It acts as an aide to increase chest expansion and joint range of motion (ROM), lengthen muscles, and allows the user to experience a position that is normally difficult to assume. The prop also helps extend the body and assist in utilizing gravity to help in venous return and weight-bearing experiences.

Further, users may use this positioning prop as a means of support during yoga poses. In addition, active movement with use of the prop enriches motor learning as users may benefit from the prop support in challenging positions.

**Intended audiences:**

For therapists who treat patients with physical disabilities and need support when assuming various positions intended to lessen pain and spasticity, build range of motion, and reduce contractures.

For people with disabilities who want their bodies placed in correct postural positioning.

For all who want to practice yoga derived positions and need a soft object for support.

**PLEASE NOTE: Knowledge of proper body alignment is essential to maximize the effectiveness of the prop and minimize the risk of an injury.**

**General Therapeutic Value:**

Ideal for those with orthopedic, neurological, and cardiopulmonary impairments. Body positioning with this prop helps maintain and strengthen overall joint ROM and muscle and tendon expansion, as well as to enrich breathing function. It elevates the legs, assisting in minimizing the effects of harmful body positions such as standing and sitting for a long duration in an office chair or on a wheelchair. Further, the prop aids in positioning users to improve their overall postural alignment. Moreover, it has a special impact on bettering thoracic spine movements in all three planes of motion as well as on chest wall mobility and breath expansion.

**Anatomy of the Prop**

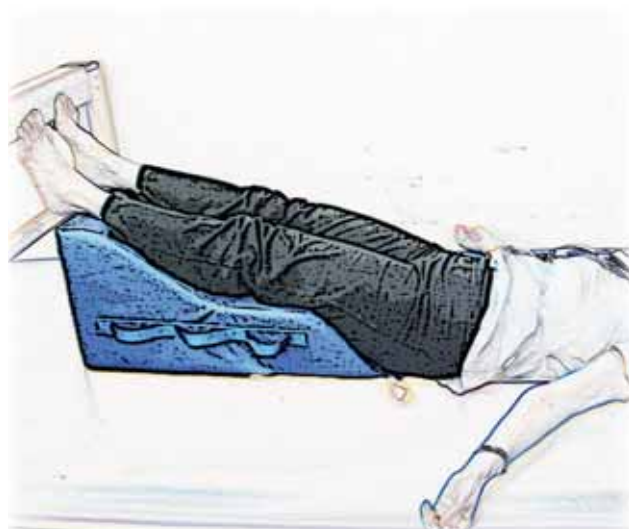
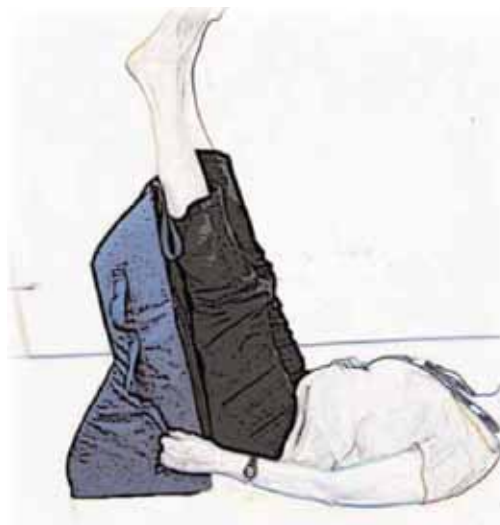
- Equipment parameters: 27"L x 13"H
- Base (w/non-skid material)
- Back (vertical portion of prop)
- Top (curved portion of prop)

- Sharp edge
- Straps at key places enhance the use of this prop and reduce sliding when leaned on.
- Non-skid mat may be used under the prop to prevent slippage and also as a cover over the prop when it is used by multiple users. PLEASE NOTE: A non-slip surface is recommended to ensure a stable foundation and lower the risk of injury.
- Sturdy, soft construction to give the user a safe, yet rigid foundation without the discomfort that is often associated with a firm surface.

**In Supine:** Prop allows various ways to elevate legs from 20 to 90 degrees on a bed/treatment table. Its main benefits are venous drainage and stretching of muscles and other soft tissue. Also aids in relieving legs and back pain, and decreasing tone, spasticity, and spasms.

Placing the prop closer or further away from the hips may help change the increments or the amount of elevation of the legs.

Positioning the prop with its curved side down and the base facing the user allows for additional support as the body goes through various degrees of hip flexion.



Furthermore, placing the prop on the wall or next to an object to block it enables the user to assume more extreme positions.



**Various ways to stay in a supine position with knees bent/flexed**

Placing sandbags to stabilize the legs while in knee flexion and ankle plantar flexion will help decrease the extensors' tone and extend muscles.





Prop allows user/therapist/caregivers to place the user's head and trunk in an elevated position (approximately 30 degrees) on a bed/treatment table (may be incremental with modifications). This position may be used when practicing breathing and relaxation. Positioning the arms in different locations may improve shoulder ROM.

#### Supine with head neck and trunk elevated:



- Opens up chest
- Elongates pectorals and diaphragm
- Bettters airflow and shoulder ROM

While in this pose, body positioning may be supported by placing a bolster under the knees to build comfort and stability.

When the trunk and lumbar regions are inflexible, add height under the buttocks to help diminish the curve that the user experiences while in the pose.

Similar adjustments may be made for the neck by placing an object such as a blanket under it. These adjustments may also help lengthen the neck musculature.

#### Legs down

**In sitting:** Prop offers back support while sitting. Use the straps, which are located at the prop's base, by looping the user's thumbs inside of them.

While the user is in an upright sitting position with legs straight and facing forward, the prop may be positioned on its base with the back of the base supporting the



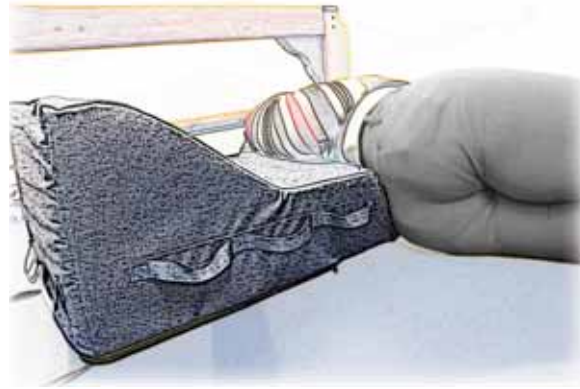
**In supine:** Prop may be used to increase hip, knee, and ankle ROM.

**How:** Position the prop on its base with its back to the user's hips, knees resting on the curved side. Knees may be separated or together. Ankles may be supported and sandbags lightly placed on them.

user's back. In this position, the user may enlarge his/her hip extensor muscles.



### Side lying:



### Legs up:

When sitting on a bed/treatment table with legs flexed at the hips and knees at 90 degrees, the prop may be positioned on its base to support the user's back. The bottom and side straps may be used to extend the trunk to reinforce alignment.



### In standing:

The prop is supporting the trunk. Leaning forward over the prop when the curved side is up. User's trunk is supported by the prop while the weight bearing is on the legs. Trunk extension allows for lengthening of the hamstrings.

Leaning backward on the curved side supports the user's trunk and abdomen. It also allows for trunk extension and support at the lumbar region.



### Legs on the floor:

In sitting, the prop may be used to prevent side leaning by having the user place his/her arm on it for support.

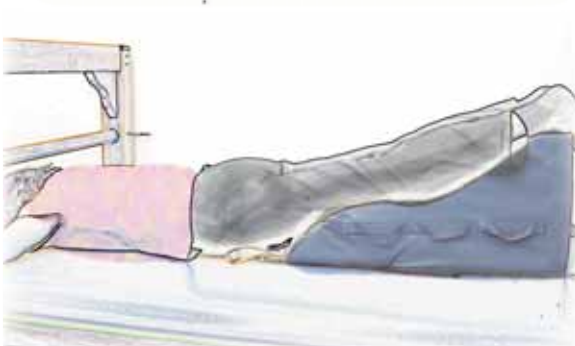


**In Prone:** Prop supports the trunk so the extension at the thoracolumbar region may be enhanced accurately in passive, active assist, and active modes.

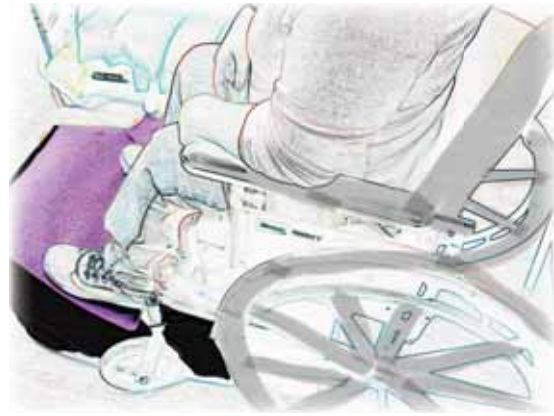
Prop is positioned with the base down and the curved side up. Trunk is supported on the curve side of the prop. Adjustments should be made to align the thoracolumbar region so that extension will occur at the correct site.



When the prop is positioned under the legs, extension and elongation occurs at the hip region. This may also be done in increments.

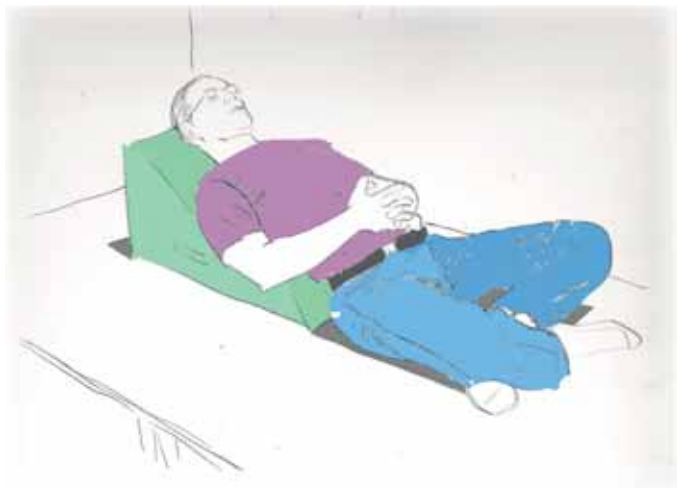
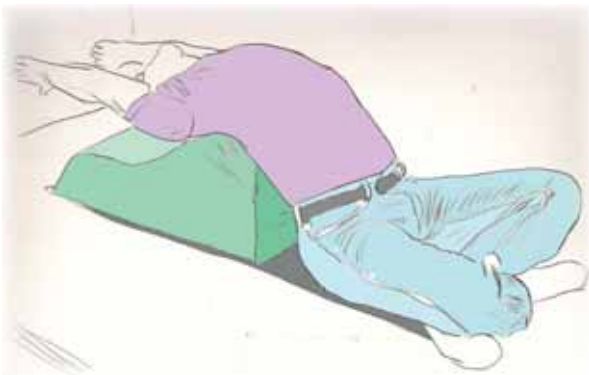
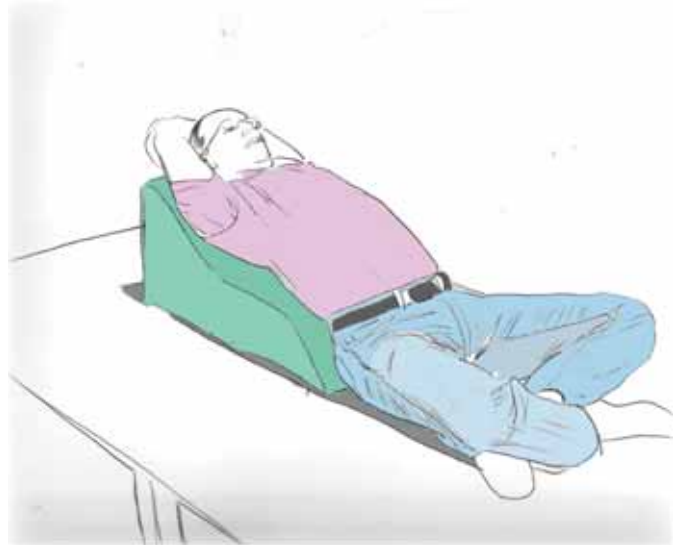
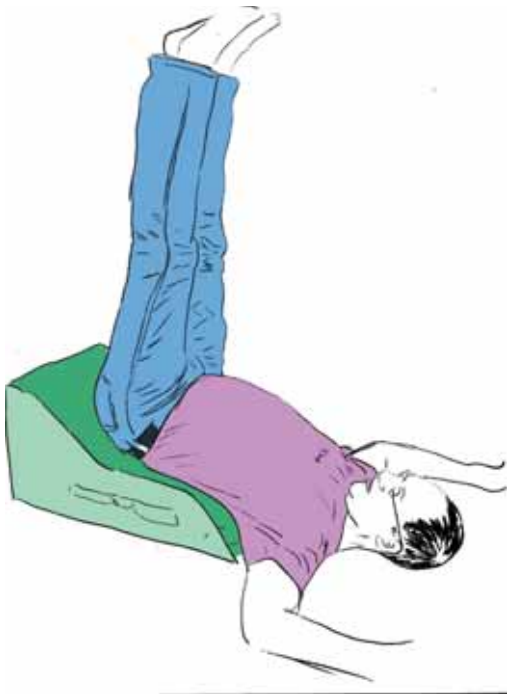


**Wheelchair use:** Supporting legs via the prop allows hips, knees, and ankle to be flexed in weight-bearing positions.



Various ways for yoga practitioners to use the prop:





## How to Properly Transport the Prop

Carry the prop on its side as shown but do not pull on the prop's safety straps. They are only meant to be used as an aide in aligning the body on the prop.

An additional belt (shown here and sold separately) is recommended to assist in properly carrying and transporting the prop.



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